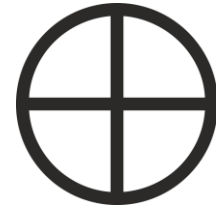




# Sabian Mysteries



---

---

## Facilitator Exercises

### Understanding Yourself – Ascendant

#### Exercise

##### Consider:

1. How would an honest close friend describe you?
2. What do you see as your most noticeable qualities?
3. What is your general outlook on life?

Discuss your Ascendant placement and its Sabian Symbol.

#### Teaching

The Ascendant equates not to our deepest true self but to the personality, the mask we present to the world, an image that we find useful to carry out our interactions. We want to be seen as the type of person indicated by the Ascendant's Sabian Symbol, and we also look at the world through the same lens of perception, creating our ideas about the nature of reality as being a mirror of that symbol.

---

---

Your Notes